

# Keep yourself and your pigs healthy

## VISITORS

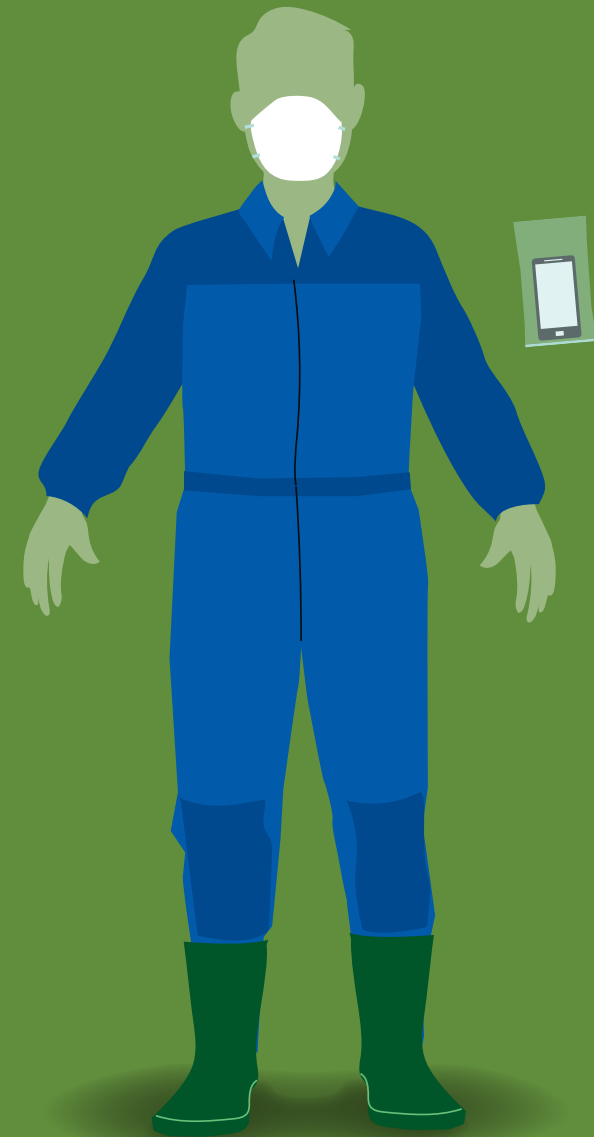
- Wash your hands and use disinfection before and after visiting the pig stables.
- Farm's own hair protection (disposable or clean textile), or alternatively shower before leaving the herd.
- Wear a disposable respirator of **FFP2** or **FFP3** standard.
- The farm's own clean, laundered overalls, stored dust free, or new disposable overalls straight out of the package.
- Keep your mobile phone in a plastic bag or leave it outside.
- Wear disposable gloves when in direct contact with animals and throughout the farm visit if you have wounds or eczema.
- Use farm's own clean socks and footwear.



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## STAFF

- Wash your hands and use disinfection before and after visiting the pig stables, between units and before and after breaks.
- Wear a personal, well-fitted FFP2 or FFP3 respirator (disposable type).
- Clean work clothes every day. Clothes must be freshly washed or stored dust free.
- Keep your mobile phone in a plastic bag or leave it outside.
- Disposable gloves must be used during treatment rounds, insemination, farrowing assistance and whenever in direct contact with animals.
- Work gloves for protection against injuries.
- Keep wounds and eczema on your hands covered throughout the workday.
- Wear farm's own clean socks and footwear.
- Shower and wash your hair before leaving the herd.



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## SHOWER

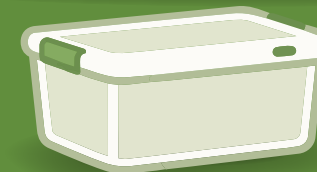
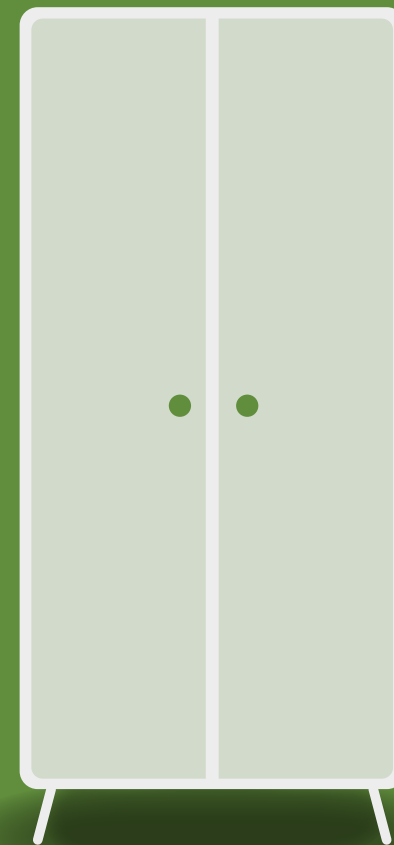
1. Consider showering **BEFORE** entering the herd.
2. Shower **AFTER** leaving the herd.
3. Wash your body and hair with shampoo or soap.
4. Wash your face with soap, especially around the mouth and nose.
5. Dry yourself with a clean towel.



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## WASH

1. Keep your private clothes dust free in a cabinet or a closed box during the workday.
2. Put on clean clothes, that have been stored dust free, every day.
3. Wash your work clothes in min **60 degrees**, used clothes that need to be transported are kept in a laundry bag during transport.
4. Dry the clothes in a dust free environment, preferably in a tumble dryer.



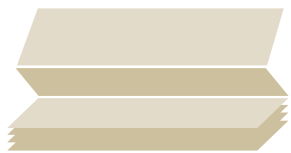
# CLEAN HANDS

## IN

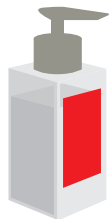
Before you go in to the animals in the herd



**1** Wash your hands with **warm water** och **soap**.



**2** Dry your hands with a **paper towel**.



**3** Finish off by **disinfecting your hands**.



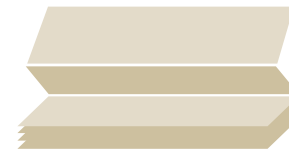
**4** Keep your **wounds** and **eczema** covered throughout the working day.

## OUT

Before you leave the herd



**1** Wash your hands with **warm water** och **soap**.



**2** Dry your hands with a **paper towel**.



**3** Finish off by **disinfecting your hands**.